



12 Steps On The PATH To Freedom

Step Four: Core FEARS:

Consider what could happen if (the fear) were true...

Then what would happen?

Then what? (Ask repeatedly)

Stay on track with each specific fear, reducing it down as far as you can go, if you start to go in circles, you reached your bottom fear, what is the ultimate FEAR that you are covering up so you don't have to face it?

1.FEAR	2. FEAR	3. FEAR	4. FEAR